



















CHILD AND ADULT CARE FOOD PROGRAM

Food Chart

Age: 1 - 2 3 - 5 6 - 12

BREAKFAST









































 Fluid Milk ¹	 ½ cup	 ¾ cup	 1 cup
 Juice or Fruit or Vegetable ²	 ¼ cup	 ½ cup	 ½ cup
 Grains/Bread ²	 ½ slice	 ½ slice	 1 slice
or cold dry cereal	 ¼ cup	 ⅓ cup	 ¾ cup
or hot cereal	 ¼ cup	 ¼ cup	 ½ cup

SNACK

Select two of the following four components

 Fluid Milk ¹	 ½ cup	 ½ cup	 1 cup
 Juice or Fruit or Vegetable ²	 ½ cup	 ½ cup	 ¾ cup
 Grains/Bread ²	 ½ slice	 ½ slice	 1 slice
 Meat or Meat Alternate ^{2,4}	 ½ ounce	 ½ ounce	 1 ounce
or yogurt	 ¼ cup (or 2 oz.)	 ¼ cup (or 2 oz.)	 ½ cup (or 4 oz.)

LUNCH/SUPPER

 Fluid Milk ¹	 ½ cup	 ¾ cup	 1 cup
 Vegetables and/or Fruits (2 or More) ³	 ¼ cup (total)	 ½ cup (total)	 ¾ cup (total)
 Grains/Bread ²	 ½ slice	 ½ slice	 1 slice
 Meat or Poultry or Fish ^{2,4}	 1 ounce	 1½ ounces	 2 ounces
or alternate protein products ⁶	 1 ounce	 1½ ounces	 2 ounces
or cheese	 1 ounce	 1½ ounces	 2 ounces
or cottage cheese, cheese food, or cheese spread	 2 ounces (or ¼ cup)	 3 ounces (or ¾ cup)	 4 ounces (or ½ cup)
or egg	 ½ egg	 ¾ egg	 1 egg
or cooked dry beans or peas	 ¼ cup	 ⅓ cup	 ½ cup
or peanut butter, soy nut butter, or nut and seed butters ⁵	 2 tablespoons	 3 tablespoons	 4 tablespoons
or peanuts, soy nuts, tree nuts, or seeds ⁵	 ½ ounce	 ¾ ounce	 1 ounce
or yogurt	 ½ cup (or 4 oz.)	 ¾ cup (or 6 oz.)	 1 cup (or 8 oz.)

¹ As purchased, fluid, fortified, whole, low fat, skim, cultured buttermilk and flavored milk.

² Or an equivalent quantity of any combination.

³ Full-strength vegetable or fruit juice may

contribute to no more than one-half of this requirement.

⁴ Cooked lean meat without bone or breading.

⁵ No more than 50% of the meat/meat alternate requirement can be met with nuts

or seeds. Nuts or seeds must be combined with another meat/meat alternate to meet the requirement.

⁶ 18% protein by weight hydrated or formulated.